

of the position of the handles relative to said lever arms and the axial positioning thereof in one of two positions 180 degrees apart.

**Amendments to the Specification:**

Please replace the paragraph starting on page 5, line 4 with the following amended paragraph:

Referring now to the FIGS, a preferred embodiment of the invention is illustrated. As can best be seen in FIGS 6-11, seat 12 is pivotally supported on frame 14 by means of support 15 which is adjustable to bring the seat downward to selected positions. This end result is achieved by means of gauge 16 which has an arcuate series of adjustment apertures formed therein. The support includes forward and rear post portions 15a and 15b interconnected by a horizontal cross piece 15c to form a four-bar linkage with the frame 14. Support 15 has a pin 15d which fits into any selected one of these apertures to position the seat and the attached back rest 13 at a desired position between horizontal and down adjacent to the base of frame 14. The back rest is pivotally supported on post 19 which has an adjustment member 19a for adjusting its height. The front end of back rest 13 is hinged to the rear of seat 12 and thus moves with the seat with its forward end moving downwardly as the seat is moved downwardly and with its rear end moving upwardly, as shown in the various Figures.

Please replace the paragraph starting on page 5, line 21 and ending on page 6, line 8 with the following amended paragraph:

Referring to FIGS. 1-5, the arm exercise mechanism is illustrated. Frame 14 has a base portion 14b, side portions 14c and 14d, and an upper central portion 14e which runs normally to base portion 14b. Lever arms 22 and 23 are pivotally connected together at one end by swivel bracket assembly 26 which is supported on the upper central portion 14e of the frame 14. Frame 14 has a base portion 14b, side portions 14c and 14d, and an upper central portion 14e which runs normally to base portion 14b. Swivel bracket assembly 26 comprises swivel brackets 20 and 21 horizontally angulated relative to each other with the pivot axes of the swivel brackets occupying a common plane with the central upper portion 14 e of the frame 14. The arms extend outwardly away from each other at an angle of about 35 degrees between each arm and a longitudinal axis of the upper central portion 14e. Handles 28 are attached to the opposite free ends of the arms for grasping by the user. At a position between the opposite ends of the arms, the arms are pivotally on frame 14 by means of pivotal support 30. Vertical adjustment apertures 14a are provided in the frame to permit the height of the arms to be set for persons of different sizes. As shown in FIG. 3, adjustment apertures are provided in the attachment posts 28a of handles 28 to accommodate various size persons. In addition, the posts can be rotated 180 degrees to accommodate the situation.

Amendments to the Drawings:

The following changes to the drawings are proposed: to either Fig. 2 or Fig. 5, the reference characters "20" and "21" are to be inserted to identify the swivel brackets.